

Historical Corner

1692 Salem Witch Trials.  
1789 - George Washington was elected as the first president of the United States by the Electoral College  
1887 - The first Groundhog Day was observed in Punxsutawney, PA  
1898 - the battleship USS Maine sank in Havana harbor  
.1910 - The Boy Scouts of America were founded.  
1990 - Nelson Mandela, lwas released from prison after 27 years  
2004 - Facebook launched as "TheFacebook.com"

New activities

How to technology	Stretch
Bunco	Trivia
	Crossword

Casino trip  
Tuesday February 26th  
25\$ per person  
Receive 30\$ free play and lunch buffet  
Bus tours will pick up at FV if we have 15 people combined.  
Casino 1230-630 pm  
Last day to sign up Feb 22!



Bday Club  
Feb 15th 2pm

Robin 2/10



Comedy Corner

What do farmers give their wives on Valentine's Day?  
Hog and kisses!

What did the paper clip say to the magnet?  
"I find you very attractive."

Why is lettuce the most loving vegetable?  
Because it's all heart.



Yes, I  
**EAN!**



Canned Food Sculpture Competition

It's a CANTastic way to help!

Join in the fun while helping those in need

Bring your imagination & your canned goods to create a CAN sculpture using canned food products that you donate. It's a creative way to help your local food bank, food pantry or shelter

Each community will be judged on creativity and execution.  
**ONLY ONE** winner will be selected from all our communities  
to receive the coveted CAN trophy and bragging rights!  
Plus a pizza party - So get your CAN involved!

Competition begins February 1, 2019  
Judging February 25-28, 2019  
**WINNER ANNOUNCED FEBRUARY 28th**

Please note  
all labels  
must remain  
intact

Get inspired with  
the attached samples!

See your community manager  
for all the details



5 Things to Do Daily to Keep Your Heart Healthy

1. Eat healthy fats, NOT trans fats
2. Practice good dental hygiene, especially flossing your teeth daily
3. Get enough sleep
4. Don't sit for too long at one time
5. Avoid smoking



COMMUNITY INFORMATION

COMMUNITY  
MANAGER:  
DOUG FENTON

CONNECT 55+  
COORDINATOR:  
ERIC MORGANSTERN

MAINTENANCE TECHS:  
KEVIN & ART

OFFICE PHONE # (716)  
692-9663  
& AFTER HOURS  
EMERGENCY SERVICE #:  
(716)692-9663

MANAGER EMAIL:  
LEASINGWOOD-  
LANDS@CALAMAR.CO  
M

Rent is due to the office  
on the 1st of every  
month. Rent checks can  
be made out to  
**RM1BHoldings.**



The Woodland Voice

February

"Come as strangers, live as friends"

**February** is the second month of the year in the Gregorian calendar and its predecessor, the Julian Calendar, and is the only month that has less than 30 days. It was named after the Latin word februum, which means purification because the month was a time for purification.

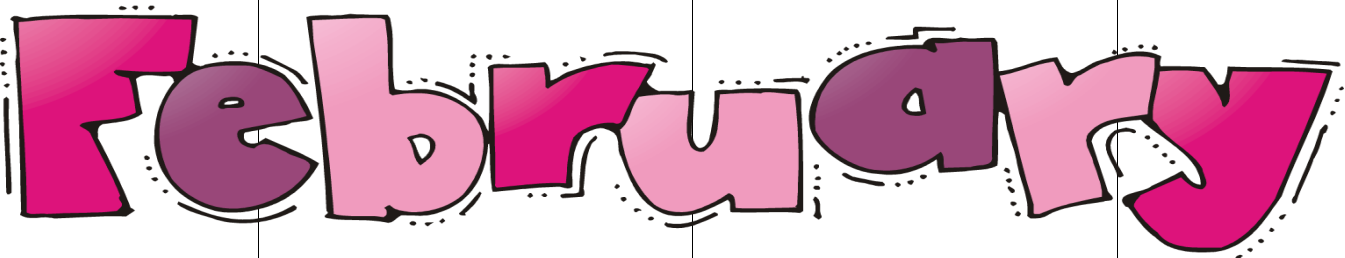






February is also an very important month for our Calamar Foundation since we are being recognized at the annual Go Red for Women Luncheon on Friday, Feb. 8<sup>th</sup> at the Lexus Club at the Key Bank Center in downtown Buffalo for our contributions to the local chapter of the American Heart Association through resident donations and foundation matching (dollar-for-dollar) funds.

In addition to the Heart Association, the Calamar Foundation also supports the local chapters of the American Cancer Society and Alzheimer's Association in their efforts to find a cure and help those affected by heart disease, cancer, and all forms of dementia. No donations are used to pay for administrative costs and only the local chapters of these national non-profit agencies receive foundation support. The three organizations were chosen because of the adverse impact of these diseases on our residents, family members and caregivers.

Go Red for Women is the American Heart Association's signature women's initiative. This nationwide effort is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally, according to the AHA.

"It's no longer just about wearing red; it's no longer just about sharing heart health facts. It's about all women making a commitment to stand together with Go Red and taking charge of their own heart health as well as the health of those they can't bear to live without," the association said. "Making a commitment to your health isn't something you have to do alone either, so grab a friend or a family member and make a Go Red Healthy Behavior Commitment today."

Kevin, Eric, and Doug wanted to thank you for your generosity during the holiday season.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				2019	1 Go Red 10am-Coffee/Donuts ++ 10am-Socialize/Exercise ++ 1015am Canned Food meeting++ 11am-Trivia ++ 1130am-Lunch Program+ 115pm-Exercise with Eric 2pm Welcome Committee 530pm-Hand/Foot+  Canned sculpture competi- tion begins	2 Groundhog day  Open gym + 530pm-Cards +
3  Coupon Club + Open Gym + 630 pm Super Bowl Party	4 Thank a Mail Carrier  10am- How to Technology ++ 11am -Crosswords ++ 1130 am -Lunch program ++ 1145am -Yoga ++ 1pm- Mindful Coloring 230 Stretch ++ 3pm -Mocktails + 315pm- Bunco+ 6pm- Dominoes+	5 Chinese New year  9am-Morning Walk ++ 10am-Scrabble + 1130am-Lunch Program+ 3pm-Movie + 5:30pm-Pokeno+ 6pm-Open Gym+	6  10am-Socialize/Exercise + 1130am-Lunch Program ++ 1pm Tai Chi DVD++ 3pm-Travel Abroad ++ 330pm -Current Events ++ 530-8pm Wii Bowling + 6pm- Pinochle +	7  9am-Morning Walk ++ 945am- Brain health ++ 11am-Bible Study+ 430pm-Matty's Dinner-++ 530Wii Bowling League+ 6pm-Euchre +  	8  845am-Coffee/Donuts ++ 9am-Financial Planning+ 10am-Socialize/Exercise ++ 1030am Trivia++ 1130am-Lunch Program+ 3pm Exercise w/ Eric 530pm-Hand/Foot+	9  Open gym + 530pm-Cards +
10  Coupon Club + Open Gym + 415 pm-Bingo + 6pm Book Club	11  10am How to Technology - ++ 11am -Crosswords ++ 1130 am -Lunch program ++ 1145am -Yoga++ 1pm- Mindful Coloring 230 pm Stretch ++ 3pm -Mocktails+ 315 pm-Bunco + 6pm- Dominoes+	12  9am-Morning Walk ++ 10am-Scrabble + 1130am-Lunch Program+ 1pm Dick Finn Communion+ 2pm-Meet & Greet + 3pm-Movie + 530 pm- Pokeno+ 6pm-Open Gym+	13  930am Veterans Breakfast 10am-Socialize/Exercise + 1130am-Lunch Program ++ 1230 p1 1245 p2 Valentines Good- ies+ 1pm Heart Health talk & Blood pressure readings+ 130pm- Pastor Mike Service+ 230pm-Tai Chi W/ Eric++ 3pm-History Chat ++ 330pm -Current Events ++ 530pm Wii Bowling League+  	14 Valentines day  9am-Morning Walk ++ 945am-Brain health ++ 11am-Bible Study+ 430pm-Matty's Dinner-++ 530Wii Bowling League+ 6pm-Euchre +  	15  10am-Coffee/Donuts ++ 1015am You be the Judge 10am-Socialize/Exercise ++ 11am-Trivia ++ 1130am-Lunch Program+ 1pm Blue Cross Cholesterol presentation + 115pm-Exercise with Eric 2pm Birthday party + 530pm-Hand/Foot+  	16  Open gym + 530pm-Cards +
17  Coupon Club + Open Gym + 415 pm-Bingo + 6pm Book Club	18 Presidents day  10am- How to Technology ++ 11am- Crosswords ++ 1130am- Lunch program ++ 1145am-Yoga++ 1pm-Mindful Coloring 230 pm Stretch ++ 3pm- Mocktails+ 315-pm Presidential Fun Facts 6pm-Dominoes+	19  9am-Morning Walk ++ 10am-Scrabble + 1130am-Lunch Program+ 3pm-Movie + 530pm- Pokeno+ 6pm- Open Gym+	20  10am-Socialize/Exercise + 1130am-Lunch Program ++ 1pm-Tai Chi DVD++ 3pm-Travel Abroad ++ 330pm -Current Events ++ 530 Wii Bowling League+ 6pm- Pinochle +	21  9am-Morning Walk ++ 945am-Brain health ++ 11am-Bible Study+ 430pm-Matty's Dinner-++ 530Wii Bowling League+ 6pm-Euchre +  	22  845am-Coffee/Donuts ++ 915am You be the judge++ 10am-Socialize/Exercise ++ 11am-Trivia ++ 1130am-Lunch Program+ 115pm-Exercise with Eric 3pm-Just Pizza Phase 1 310pm-Just Pizza Phase 2 530pm-Hand/Foot+  Casino Trip Final Sign Up	23  Open gym + 530pm-Cards +
24  Coupon Club + Open Gym + 415 pm-Bingo + 6pm Book Club	25  10am- How to Technology ++ 11am-Crosswords++ 1130am-Lunch program ++ 1145am-Yoga ++ 1pm-Mindful Coloring 230 pm Stretch ++ 3pm-Mocktails+ 315pm-Bunco + 6pm-Dominoes+  	26  9am-Morning Walk ++ 10am-Scrabble 10am+ 1130am-Lunch Program+ Casino Trip 1130am depart: return 730 + 3pm-Movie + 5:30 pm- Pokeno + 6pm- Open Gym+	27  10am-Socialize/Exercise + 11am -Stroke Presentation + 1130am-Lunch Program ++ 1 pm Tai Chi W/ Eric 1++ 3pm-History Chat ++ 330pm -Current Events ++ 530Wii Bowling League+ 6pm- Pinochle +	28  9am Morning Walk ++ 945 am Brain health ++ 11amBible Study-11am+ 430pmMatty's Dinner-++ 530 Wii bowling League+ 6pm Euchre +  Can Sculpture winner an- nounced	Connect 55 Key- stones + Intellectual + Spiritual + Physical + Social + Financial	Phase 1 Phase 2 Both Communi- ties